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GET OFF MY LANE

SOME CYCLISTS, DRIVERS NOT A FAN OF NEW DESIGN

metroNEWS

Many students left looking for answers

ELECTION 2015

Debate in Halifax draws criticism over responses — or lack thereof



Haley Ryan
Metro | Halifax

The federal candidates for Halifax didn't fully answer questions ranging from tuition and fossil fuels to sexualized violence during the latest debate, according to students in attendance.

On Monday evening, all candidates for the Halifax riding attended a student-issues debate at Dalhousie University, where hundreds showed up for the discussion hosted by the school's student union and the Canadian Federation of Students, where video and audience questions were taken.

"They didn't really answer any questions as fully as I wish they would have," Rebecca Heller, 20, said about the candidates, who mostly offered platform promises about climate change, an inquiry into missing and murdered aboriginal women and reinvesting in scientific research.

Kehisha Wilmot, 19, said Liberal candidate Andy Fillmore and Conservative Irvine Carvery seemed to come up with a reply to their own questions "so I don't have to answer the question you just asked."

> **We want to live here and work here ... but it has to be possible.**
> Katie Feltmate

When all were asked how they would handle rising tuition and the crisis of many students graduating with $50,000 or more in debt, Green candidate Thomas Trappenberg cited his party's plan to phase out tuition as several European countries have done, introduce a grants system instead of loans and remove debt over $10,000.

Katie Feltmate, 19, said that would be an ideal system, but said New Democrat Megan Leslie's mention of a post-secondary act that would ensure funds went specifically to schools also sounded effective.

"You can take out your student loans and you can go to school and, 'Oh yay,' but then you have thousands of dollars to pay off," said Feltmate, a Mount Saint Vincent University student.

She said grants are ideal because with loans, which Carvery said are effective, education may be "accessible temporarily," but students come out with a huge burden in a province with few job prospects.

Both Feltmate and Rosemary Holland, 20, said they were disappointed no candidate answered how the government can act to tackle sexualized violence in a concrete way.

More election coverage
- Our ongoing series **READY TO ENGAGE**, page 9
- Ottawa editor rates the Munk leaders' debate, page 10



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metro NEWS

Your essential daily news



Apple sells 13 million iPhones in three days. **Business**

Province feeling the pressure to replace Victoria General

HEALTH CARE

Problem was exacerbated by recent flood, minister says



Stephanie Taylor
Metro | Halifax

Recent flooding at one Halifax hospital has put pressure on the province to hurry up and replace the aged building, according to Nova Scotia's Health and Wellness Minister.

Leo Glavine, joined by Janet Knox, CEO and president of the Nova Scotia Health Authority, addressed reporters following a tour of the water-damaged floors of the Victoria General building of the Queen Elizabeth II hospital on Monday.

Glavine was "appalled" at the amount of destruction caused after a fixture on one of the pipes in the building corroded, spilling water onto the fifth, fourth and third floors, displacing 50 patients and postponing 91 surgeries.

"We know we have to replace this building," he said of the 67-year-old building Monday.

"This (incident) puts immediate pressure both on government and provincial health authority to say 'what are next important steps that must be taken?'"

Currently, work is underway to assess the extent of the damages, which Knox anticipates to be complete in several weeks.

The question then becomes, "How great has this significant damage been on the life of this building?'" Glavine explained.

One result could be an accelerated timeline to complete renovation plans for the Dartmouth General Hospital — an infrastructure project Knox assured had been in the works for years.

Both she and Glavine stressed the difficulty of replacing the current facility that includes a capacity for 50 beds, an intensive care unit and surgical tower, which Glavine called "absolutely critical" to health care in the province.

Despite that, Glavine acknowledged the building has "many deficiencies," saying the first steps in the overall replacement process have already been undertaken, even prior to the flooding incident.

In the meantime, Knox said it's unclear if and when the flooded areas would be up and running again.

It could be that some of the areas are too badly damaged to reopen, she added.

As on Monday, Knox announced they had returned to performing the regular number of surgeries.

However, a total of 34 beds had been lost, while the eye clinic saw 50 patient visits, compared to the regular 180.

"We know that this is really hard for people who wait for appointments and we deeply regret that," she said.



Health and Wellness Minister Leo Glavine, left, and Nova Scotia Health Authority President and CEO Janet Knox get ready to meet the media in front of the Victoria General Hospital on Monday. JEFF HARPER/METRO



A look at the damage caused by the flooding. CONTRIBUTED

> **We know we have to replace this building.**
> Health Minister Leo Glavine

50

The flooding displaced 50 patients and postponed 91 surgeries.



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TRASH COLLECTION

Halifax doing 'great' on clear bags: City

Nearly two months after transitioning to clear garbage bags, the city says the process has been going pretty well.

"The folks in the municipality are doing great," said Matt Keliher, Halifax's solid waste manager.

Keliher said he's noticed there's been less garbage at the curb and for the most part, a very high compliance rate among people using clear garbage bags.

There has also been an increase in the amount of recycling.

Actual statistics on the number of rejected households and amount of increased recycling will be issued during a quarterly report in early November.

"It's hard to judge the success of a program with one month of data," said Keliher.

On Aug. 1, the city started limiting the number of black garbage bags to only one per household, as a way of increasing recycling and encouraging people to sort their garbage.

The city has noticed the clear bag use has gone up since August.

CURB RULES

Single unit residences: One black bag, five clear.

Buildings with less than six units: One black bag, three clear per unit.

"Even the best of us won't adhere to a program on the first day," said Keliher.

But some households are still being rejected, Keliher said.

He said his department has been reaching out to the rejected households to help educate them on the new rules.

"We're excited with the progress so far and look forward to continued diversion," he said.

Keliher said the biggest question he's received centres around what's garbage and what's not.

The city launched an app, Halifax Recycles, to help combat that very issue.

The app helps make it easier for people to determine which bin to put their piece of trash.

BEN COUSINS/FOR METRO



While residents have been responding well to the new law, the city is taking the time to educate violators about the new standards to encourage better sorting practices. JEFF HARPER/METRO



Bike riders and drivers share Hollis Street on Monday. Inset: A still image from a video posted on Facebook shows a cyclist riding along the same street with a truck blocking the path. JEFF HARPER/METRO; INSET: FACEBOOK

Stay out of our lane: Hollis Street cyclists

ROAD SAFETY

City urging caution until people get used to new rules

Ben Cousins
For Metro | Halifax

With the Hollis Street bike lane now open, parked cars have become an issue for cyclists.

A recent video posted on the Halifax Cycling Coalition's Facebook page outlines a couple of the outstanding problems.

The video shows a cyclist with a camera on his helmet having to dodge vehicles parked in the bike lane.

The video ends with the statement, "We're happy, but it's not perfect."

The lane, which officially opened Friday, runs on Hollis Street from just south of Cogswell Street to Terminal Road.

"There have definitely been some challenges as far as people understanding how it works," said Blair Barrington, board member of the Halifax Cycling Coalition.

Parking on the bike lane isn't allowed at any time. Stopping on the lane to unload is permitted, but only outside of peak hours (7 to 9 a.m. and 4 to 6 p.m.).

> **A separated bike lane that wouldn't allow cars to stop in it would be ideal.**
> Blair Barrington

"This isn't a new rule or one that's specific to the bike lane on Hollis Street," said city spokeswoman Tiffany Chase.

Barrington said there have been a lot of people parked in the bike lane and others stopped during peak times.

"The city was a little slow to respond originally, but they've been really good recently," said Barrington.

The Halifax Cycling Coalition is calling for the city to implement a protected lane, ideally a physical barrier between the road and the bike lane.

"It creates a safer and more comfortable area for cyclists and it prevents conflicts like what we're seeing," said Barrington.

The city is urging people to use caution on Hollis until everyone gets used to the new addition to the street.

"It takes time for people to adjust to changes in traffic flow," said Chase.

Chase said it's still too early to determine how much car traffic has been affected by the lane.

SCIENCE

Bill Freedman dies of cancer at age 65

Bill Freedman, a respected educator and author who championed Canadian conservation, has died.

He was 65.

The Nature Conservancy of Canada says Freedman, a 25-year volunteer with the organization, died Saturday at home in Halifax following a battle with cancer.

An ecologist and former chairman of the biology department at Dalhousie University, Freedman authored more than 100 scientific papers, publications and science textbooks.

The conservancy says Freedman served as its regional and national board chairman and wrote a book on the organization's 50-year history in 2013.

Just last week, the conservancy announced it would dedicate its 150-hectare Prospect High Head site near Halifax as the Bill Freedman Nature Reserve.

"We remember a generous, thoughtful man who leaves a conservation legacy right across this country that will be appreciated by generations to come," John Lounds, conservancy president and CEO, said in a statement. THE CANADIAN PRESS

> **He taught us all to cherish our natural world.**
> John Lounds

LOWER SACKVILLE

Woman ripped off by fake grandson

Halifax RCMP are warning the public of a scam after a Lower Sackville woman was convinced to send money to someone she thought was her grandson.

Last Wednesday, Halifax District RCMP said the 72-year-old woman got a call from a man she believed to be her grandson. The man said he had been in a car collision and needed money to get out of jail in the Dominican Republic.

The woman later realized the caller was a fake and reported it to police, but the money had already been sent.

According to the release, RCMP said emergency or "grandparent" scams typically feature callers who get the grandparent to reveal a name, and then say they were in a car accident or jailed in a foreign country, all prompting the urgent need for cash.

The caller often begs for secrecy, RCMP said, in order to prevent a quick call to the grandchild's parents to confirm the story. When asked why their voice sounds funny, police say the scammers usually claim their nose or mouth is injured.

Once a victim wires the money, more calls could follow where the fraudster employs other callers who pose as lawyers or doctors.

METRO

CAUTION

Halifax RCMP is reminding the public to be very cautious when someone is asking for money over the phone, and be sure to ask questions or check in with family members to confirm whether an emergency is real or not.

Holiday market could set up shop in Granville Mall

STREETSCAPE

Idea sparked by popularity of Argyle Street pilot project



Stephanie Taylor
Metro | Halifax

If you were a fan of the streetscape pilot on Argyle Street this past summer, you may be excited to learn of a similar initiative is in the works a few blocks away at Granville Mall.

"After the success of the Argyle Street project we certainly picked up on a public mood for pedestrian-centric streets and events that bring people together," Brenden Sommerhalder, spokesman with the Downtown Halifax Business Commission, said Monday.

"We heard that loud and clear."

That's why the commission, looking to replicate a similar experience over the holiday season, turned their eye to the city's only other pedestrian thoroughfare — Granville Mall.

DID YOU KNOW?

Halifax is currently exploring the possibility of transforming Argyle and Grafton Streets into permanent shared streetscapes.



Pedestrians take a morning stroll on Monday along Granville Street — Halifax's lone pedestrian-centric thoroughfare. JEFF HARPER/METRO

The idea is essentially to transform the area into a holiday market, featuring various local vendors and crafters, along with new infrastructure, such as lighting and public seating, Sommerhalder explained.

New heaters and some type of shelters are also in the realm of possibly, he added.

Sommerhalder said the project is still in its early stages, with nearby businesses being consulted to gauge their level of interest for participation.

There have also been preliminary conversations with the city, which would likely act as a partner if the project moves ahead.

"It is short notice, so we're testing the waters to see what types of things might be possible with a small budget," Sommerhalder explained.

> **"It is short notice, so we're testing the waters to see what types of things might be possible with a small budget.**
> Brenden Sommerhalder

Initially, he said the idea was to generate hype in time for holiday shopping, promoting residents to choose downtown businesses for their wish lists.

But depending on how enthusiastically the project is received, "it is something that could potentially go on throughout the entire winter."

MISCHIEF

Vandals deface McNabs Island

Last Saturday, Cathy McCarthy and volunteers brought 175 high school students on a tour of McNabs Island.

While visiting the storied island, located at the mouth of the Halifax Harbour, the president of The Friends of McNabs Island Society — a volunteer group dedicated to preserving the island — was surprised and disappointed to discover vandals had defaced a series of information panels and a site map at the visitors' kiosk.

Images show scratches across the five interpretive panels and site map, which were only installed last fall.

In one of the panels, the eyes of well-known Maritime businessman Bill Lynch, who had family ties to the island, had been drilled in and sunk with wall anchors.

> **"It's really unfortunate that people with so much energy can't do something more positive.**
> Cathy McCarthy

"We can't really understand why someone would hate McNabs Island so much to go over there and do this kind of damage," McCarthy said Monday.

"It's just very discouraging."

Not only were the panels a resource to visitors by displaying the island's military and aboriginal history, they were installed for $15,000, achieved through volunteer fund-raising.

McCarthy said a formal report would be made to Halifax police.

In the meantime, she's confused as to why someone would go to the efforts to cause such destruction in the first place.

"It's really unfortunate that people with so much energy can't do something more positive, like maybe help us clean up the island."

STEPHANIE TAYLOR/METRO



One of the panels, showing a damaged image of famed businessman Bill Lynch. CONTRIBUTED

IN BRIEF

Heavy rain headed for city

Halifax is likely in for some serious rain later this week.

Environment Canada issued a special weather statement for Halifax Metro and Halifax County West on Monday afternoon about significant rainfall starting mid-week.

The statement said a slow-moving cold front will approach the area Tuesday night, and could draw some tropical moisture associated with a system off the Eastern Seaboard of the United States.

This scenario would have rain developing Wednesday morning over southwestern Nova Scotia, the release said, and spreading eastward Wednesday with the possibility of "very heavy downpours" in Halifax Wednesday night and Thursday. METRO

Elderly woman ticketed for hitting person on scooter

A 75-year-old woman has been ticketed for driving into someone on a scooter in a Dartmouth crosswalk.

According to Halifax Regional Police, the accident happened at about 1:30 p.m. in a crosswalk at Gordon Drive at the entrance towards Shoppers Drug Mart.

Police say the scooter was travelling in the crosswalk when it was hit, knocking the driver to the ground.

The person on the scooter wasn't injured. METRO

Risk assessment ordered for N.S. sexual offender

A Nova Scotia man has been ordered to undergo a "comprehensive" sexual offender risk assessment prior to being sentenced on sexual assault and child pornography charges.

Robert John Alan MacKinnon, 26, of no fixed address, has been remanded into custody until his sentencing hearing in provincial court on Dec. 11.

He pleaded guilty last February to charges of making and possessing child pornography as well as sexual assault with a person under the age of 16 by touching with his hand. Those charges date to between August and September 2012.

During a recent court appearance in Truro, MacKinnon also pleaded guilty to charges stemming from Red Deer, Alta., which occurred between July 2014 and March 2015. TRURO DAILY NEWS

MAINE

U.S. ferry proposals submitted

The provincial government has received four submissions to a call it put out for the running of the ferry service between Nova Scotia and Maine for next season and beyond.

In early September the government invited the current operator, Nova Star Cruises, and three other proponents who have expressed interest in running the service to respond to a request for submissions.

All four did, as of the Sept. 25 deadline. The province has yet to disclose the names of the other proponents.

"Staff will now be evaluating what was submitted to determine which meet the criteria of the request for submissions," says Brian Taylor, a spokesman for the Department of Transportation and Infrastructure Renewal.

He said the process will take several weeks.

The current season ends Oct. 13. TC MEDIA

REQUESTS

The province's Transportation Minister, Geoff MacLellan, has said repeatedly in the past that the province is committed to a ferry service, "but not at all costs."

He's said it is important to ensure the right service is in place, which is why the province issued a request for proposals.

School board vs. dancing

CAPE BRETON

Pro-boogie petition tops 1,400 names on Monday

A school board in Cape Breton has banned school dances for students in Grades 6 to 8, a move that is has sparked hundreds to sign an online petition demanding the dances be reinstated.

The Cape Breton-Victoria Regional School Board said Monday its administration made the decision after moving from a junior high to middle school grade configuration this school year.

Donnie Holland, acting co-ordinator of school services, said an expert on middle school curricula met with board officials this spring and suggested there are better activity options to create a positive school climate that are more age-appropriate.

"It's not so much that we're saying dances are evil," said Holland.

"We're just saying that we're trying a new philosophy with middle school, so let's try some new approaches to building school spirit."

> **It's not so much that we're saying dances are evil. We're just saying that we're trying a new philosophy with middle school.**
> Donnie Holland, co-ordinator of school services

Holland said Grade 6 students, who can be 10 and 11 years old, may not be developmentally ready for the social pressures related to relationships that surround dances.

"We wanted to have activities that would be more developmentally appropriate, that would be more effective at creating a positive school climate, which is so critical to student achievement," said Holland.

The move has been met with some opposition in the community and has prompted an online petition, which had garnered more than 1,400 signatures by Monday.

"Most kids are well behaved and appropriate for their grade level," the petition on Change.org said. "Dances were always a fun, social place for kids to get together and be normal kids."

Holland said the board has heard some negative feedback about the change, but there are many other parents who support it. He said the board is welcoming comments from both sides.

"We want parents to have input," he said. "The fact that they want to get involved and have their voice heard — that's a positive, not a negative."

THE CANADIAN PRESS



TOURISM EURODAM THAT'S A NICE CRUISE SHIP Cruise ship passengers enjoy a walk along the boardwalk past Holland America's Eurodam on Monday. The Eurodam was one of three cruise ships docked in port, bringing more than 6,000 people into the downtown. JEFF HARPER/METRO

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SYDNEY PORT

Rail study highlights need: Group

Newly released consultants reports on the future viability of freight rail service in Cape Breton highlight the need for decisive action on developing in port in Sydney, says a community group that supports keeping the railway.

The reports, released Friday, say the rail line is in need of more than $31 million in track and infrastructure upgrades and its sustainability is tied to the development of a new container port.

David Rae, president of the Scotia Rail Development Society, says it's time candidates running in the federal election address both issues, calling them fundamental to the future development of the Cape Breton economy.

A feasibility study on the Sydney port's development is expected to be released sometime next year.

SERVICE

Current owner Genesee & Wyoming withdrew service on the money-losing rail line between St. Peters Junction and Sydney last December.

"There is a case geographically and strategically," said Rae. "But that needs to be recognized and it needs the time and resources and commitment to make that happen."

Rae said any solution will ultimately require three levels of government and the business community working together — a point of some concern.

"There's a tremendous capacity here in eastern Canada for things to be slowed down, obfuscated and made more complicated," he said. "Ultimately things just stop and they don't happen at all."

Rae's skepticism is not unfounded.

A survey conducted for the Nova Scotia government in July 2014 found 72 per cent of respondents either strongly support or somewhat support the proposal to build a container terminal.

However, the survey found that less than 20 per cent of those aware of the project believe it will actually proceed.

The survey also found that 73 per cent think the railway is necessary for the success of the port project.

THE CANADIAN PRESS

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BEE STING ALLERGY

Co-workers' quick actions save bus driver from death

School bus driver Joanne Ozon was nearing the end of her afternoon route two weeks ago when she noticed a bee had flown into her vehicle.

She pulled over to look for the insect, but couldn't find it and kept driving.

"When I sat back in my seat, it stung me — so it was either stuck on the seat or on my shirt," she said.

She had no idea she was allergic to bees.

The woman from Liverpool had one more stop before she could head home.

After dropping off her last two passengers, she didn't feel well, but she kept driving.

Her throat was itchy and her face was swelling, she says. She eventually radioed her fellow drivers a call for help.

Ozon said the drivers are like her family; that day two became her saviours.

Bill Sarty and Devin Whynot heard the call.

Sarty said he doesn't always pay attention to the radio, but that day he recognized Ozon's voice whispering for help.

Ozon had pulled the school bus over near M. Smith Road, heading toward White Point.

Sarty was on Waterloo, not too far away.

When he arrived he didn't see his colleague until he got onto the bus.

"I ran over and, when I did, she had her door open, and she was hanging off the wheel, clinging to the sides of the seats," he recalled.

Ozon was gasping for air.

Sarty moved her into the aisle of the bus, patted her back, trying to encourage her to breathe and called 911.

A few minutes later, Whynot arrived. The volunteer firefighter suggested Sarty take Ozon off the bus.

As Sarty lifted the now unconscious woman, she stopped breathing.

When he laid her down, Whynot couldn't find a pulse.

Sarty twice performed CPR on Ozon; she started breathing and then stopped again.

Within about eight minutes of calling 911, an ambulance arrived and paramedics injected Ozon with an EpiPen and Benadryl.

The medical team administered oxygen and took her to the hospital.

"(My doctor) said, 'You're really lucky to be alive' and he said, 'If your co-worker never heard your cry, it would have been a different story,'" Ozon recalled, tearing up a little. TC MEDIA



Joanne Ozon, flanked by her rescuers Bill Sarty, left, and Devin Whynot . TC MEDIA





Gerald Little has been building and painting props for the tradition for 15 years. TC MEDIA

Pumpkin People getting squarer

KENTVILLE

This year's annual festival carries a Lego theme

Harry Lenihan is not your typical body builder.

His routine consists of stuffing wads of hay into used clothing and fashioning limbs out of corn stalks.

Lenihan is one half of Harry and Gerry, the team of craftsmen behind Kentville's annual pumpkin people displays.

This year, Lenihan will make at least 300 pumpkin people bodies that Little will situate in the displays and fit with heads. Last year, Lenihan made 340 bodies. In the past seven years, he estimates he's made thousands.

"I look forward to it. It gives a person something to do to get out of the house," the Waterville resident says. "I really enjoy it."

He learned how to make the bodies while working with a neighbour.

"I watched a guy up the road from me for years doing them until he couldn't do them anymore," Lenihan says.

Each half of the dynamic duo spends the month of September working in their respective shops to get ready for the Kentville Pumpkin People Festival in October.

Gerry, a.k.a. Gerald Little, is the artist.

He builds and paints the props. The Town of Kentville presents Little with photos of castles, motorcycles, transformers, Batmobiles made out of Lego — you name it — and he brings them to life.

"I build the props and work them out based on the themes they give me," the Cambridge resident says.

"My props are made so that you can sit on them or sit in them."

Little, who is employed with Kentville's parks and recreation department, has always enjoyed painting.

"I was kind of born an artist," he says.

His employer discovered this when he started helping with the creation of parade floats.

Little admits the proposed props have caused him to "hum and haw" more than a few times in the last 15 years, but he enjoys the challenge.

> **"I've run into people from all over who come to see them.**
> Gerald Little

Lindsay Young, Kentville's community economic development co-ordinator, says the festival is a great way to boost tourism throughout the Annapolis Valley following the peak summer season.

"It supports local businesses and really puts Kentville on the map as a destination."

Born and raised in Kentville, Young has long admired Little's pumpkin people creations and she's particularly pleased with this year's theme.

"We've been trying to figure out for a number of years how we could actually do Lego," she says.

She says the festival is considered an annual tradition for many families in Nova Scotia and she hopes new and returning visitors will take the time to explore Kentville's diverse trail offerings while they're in town.

"We really just want something really fun and creative that allows families to be outdoors and spend time together." TC MEDIA

FAST FACTS

- The theme for the upcoming Kentville Pumpkin People Festival is Lego.
- There will be 15 displays located throughout the town, including the Wild West, Batman, Rocket Launch, City Police and Jurassic Park.
- The pumpkin people will occupy Kentville from Oct. 3–30.

READY TO ENGAGE

Metro's coast to coast daily election series connects young, urban Canadians to the issues they care about

First-timer's vote most likely to be a compromise



ROSEMARY WESTWOOD
in Calgary

Tina Belay is treading carefully.

The 21-year-old science major at the University of Calgary isn't used to media interviews, and on top of that, she's serious about her first chance to vote.

She pauses before answering my questions, looking for the right words.

Mostly, she's far from made up her mind on how to vote.

"Women's issues are really important to me," she says. "We are a developed nation, we're a modern nation. People think we're handling it. But these issues are still prevalent today" — things like equal pay, and violence against women. The leaders "have been talking about gender inequality, but they haven't been talking specifically about women's issues," she adds.

She hasn't immediately ruled out the Conservatives, though Stephen Harper declined to participate in a debate on women's issues, which would have been the first in decades.

Belay has dreams of finding work at a biotech company, but notes even the supposedly job-guaranteeing engineering degree holds uncertainty these days. She cares about career opportunities, and worries about the low dollar and the economy.

When I ask for her wish list in the next prime minister, Belay gets animated. "My wish list! OK."

She'd like to see bills C-51 (on surveillance, supported by the Liberals) and C-24 (on dual citizenship) repealed.

She'd like a missing and murdered indigenous women inquiry.

She'd like a national minimum wage, and says the NDP's $15-an-hour plan could be a good start.

"The environment is a huge thing," she adds. "Climate change is real. We have to start looking at sustainable sources of energy, less reliance on Alberta's oil. It is a really important part of our economy, but it's not sustainable."

Despite feeling like she's in the middle of the political spectrum, if not slightly left, she's not ready to rule anyone out. And the decision isn't getting easier.

"The more I learn, the more confused I feel," she says. In an election where many see the NDP as having been outflanked to the left by the Liberals, she's not alone. The parties aren't sticking to the cookie-culture image of political ideologies, she says.

With no obvious political home, this — her first vote — will undoubtedly be a compromise. It would help, she said, if the parties offered more specifics for some platform plans. "How exactly are you going to do that? People need to hear concrete actions they're going to take."

Rosemary Westwood is travelling across the country talking to young voters. Tomorrow she is in Ottawa



VOTER PROFILE

Name: Tina Belay **Age:** 21 **Riding:** Calgary Skyview
Her issues: Women's rights, environment, Bill C-51, missing and murdered women, minimum wage, climate change

Youth eyeing change, but will they vote?

TURNOUT

Young voters don't cast ballot until older, data show



Aaron Chatha
Metro | Calgary

In 2006, Tyler Longmire was sitting in his university residence with friends, knocking back shots of liquor while they watched the federal election.

It was the first election in which he was old enough to cast a ballot and one that saw Stephen Harper elected into office for the first time, with a minority government. The rest of the night is a blur.

Fast-forward to the upcoming Oct. 19 election, and Longmire, now 27 and having grown up in Conservative Alberta, thinks that young Albertans will be voting for a change in federal power — just as they did when the NDP took the province in the May provincial vote.

"Just from my experience, I definitely don't know any people my age or younger who are really stoked for the Conservatives to win," he said. "But, then again, maybe that's just the circles that I run in."



Tyler Longmire believes there is an appetite for change among young Calgarians — but also a lot of apathy, which will prevent youth from turning up at the polls. AARON CHATHA/METRO

He believes the youth vote has soured on the Conservatives due to issues like Bill C-51, university and research funding and environmental decisions.

Melanee Thomas, political science professor at the University of Calgary, said the youth vote may have less to do with a need for change, however, and more to do with reflecting their parents' values.

"People who were 18, their parents are, what, 45?" she said. "Their parents are voting (New Democrat) at close to, but not quite, the same rate as their kids," she said.

Thomas said experiences like getting married and moving to a different community may change someone's party identifications, but those events often don't occur until someone's late 20s or early 30s.

Romy Garrido, vice-president of external relations for the University of Calgary Students' Union, agrees with Longmire: the provincial vote was a good indication youth are swaying toward change.

"I'm not sure how youth will sway this time around, but I wouldn't be surprised if something similar happens at the federal level that happened at the provincial level given that young people had a huge impact in the provincial results," she said.

Garrido added, however, the impact of the youth vote will be dependent on voter turnout.

Regardless of how youth are inclined to vote, said Duane Bratt, chair of the department of policy studies at Mount Royal University said, young voters can't be trusted to mobilize.

Bratt said it's no secret that regardless of location around Canada youth tend to vote more progressive, but he said years of historical data show that young voters don't vote until they get older.

> **"I wouldn't be surprised if something similar happens at the federal level that happened at the provincial level given that young people had a huge impact in the provincial results."**
> Romy Garrido

Longmire said he's seen an increase in political awareness and a reduction in voter apathy on his social media feeds, but doesn't know if that will translate to more youth votes.

He's still going to vote, and he hopes others do too.

And, yes, Longmire plans to throw another election day party Oct. 19.

CAMPUSES

Campaigns push for greater student voice

Regardless of political stripes, young people are mobilizing in greater numbers and it's showing in local Get Out the Vote Campaigns on Alberta campuses. The University of Calgary has more than 4,100 people pledging to vote. Mount Royal is pushing to reach 5,000 of its students making the commitment to cast a ballot. Both schools have found success in reaching out to the thousands of new students coming to campuses for the first time. "We go out and do classroom visits and try to be at all the welcome back events," Madina Kanayeva, vice president external at the Students' association of Mount Royal University, told Metro in early September. While a pledge doesn't always equal a ballot, the University of Calgary's GOTV team is personalizing their engagement with registrants just prior to the vote with reminder messages to exercise the franchise. METRO

Voters win Munk Debate

ANALYSIS

Substantive exchanges help clarify views of the leaders



Steve Rennie
Metro | Ottawa

Now, that is how you hold a federal leaders' debate. Only a few instances of shouting over each other. Largely calm and respectful exchanges in both English and French. A moderator, flanked by a live audience, who doggedly kept the leaders in check.

Hats off to the Munk Debates. Other debate organizers should take note.

The clear winner was the Canadian voter, who saw three party leaders espouse three distinct views on the country's role on the world stage.

Here's my assessment of how each leader did:



Liberal Leader Justin Trudeau, Conservative Leader Stephen Harper and NDP Leader Thomas Mulcair acknowledge the crowd from the stage at the Munk Debate on Canada's foreign policy, Tuesday, in Toronto. MARK BLINCH/THE CANADIAN PRESS

Justin Trudeau: A

Stephen Harper: B+

Tom Mulcair: B

Stephen Harper

A steady performance by the Conservative leader. His best exchange came after Trudeau said he doesn't like U.S. President Barack Obama. Harper shot back, asking the audience to imagine one of his rivals phoning up Obama on their first day in office and telling him that Canada is pulling out of the fight against ISIL.

Tom Mulcair

Mulcair needed a strong performance in this debate, with polls persistently showing the New Democrats' support is stalled in the 31 to 33 per cent range. He had some good zingers, often at Trudeau's expense, and eventually articulated when an NDP government would use military force in foreign conflicts.

He got in a nice jab in his closing statement, saying Canadians now have a choice between the Liberal sponsorship and Conservative Senate scandals.

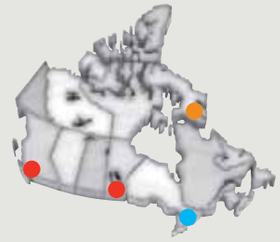
Justin Trudeau

This was probably Trudeau's best debate performance. He made his interjections mean something by using them far less than he did in the first two English-language debates.

His best exchange of the night came when in response to what he characterized as attacks on the legacy of his father. Trudeau, in his most passionate response of the night, cited the Charter of Rights and Freedoms and multiculturalism as some of his father's accomplishments. Then he pivoted, using another of his father's legacies to land a body blow on Mulcair.

"Bilingualism, which, as my father understood, Mr. Mulcair, means saying the same thing in French that you say in English," Trudeau said. The line drew an audible "ooh" from the crowd and left Mulcair at a bit of a loss.

WHERE THE LEADERS ARE TUESDAY



- **Stephen Harper** will be in Vaughan, Ont.
- **Justin Trudeau** will be in Winnipeg and Richmond, B.C.
- **Tom Mulcair** will be in Iqaluit, Nunavut.
- **Elizabeth May** no itinerary available



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NORTHWOOD live more.

POLICY

Tories sit alone on Bill C-24

The Conservatives went to great pains Monday to set themselves apart from their opponents on Bill C-24, saying a Liberal or NDP government would allow convicted terrorists who loathe Canada to roam the streets once they leave prison.

The bill, which became law in May, allows the federal government to strip Canadian citizenship from dual citizens convicted of terrorist offences.

The legislation has stoked controversy in recent days after the government announced Saturday that it revoked the citizenship of Zakaria Amara, a member of the so-called Toronto 18 terrorist group sentenced to life in prison in 2010.

Defence Minister Jason Kenney said Monday that because the NDP and Liberals have promised to abolish the law, Amara — who pleaded guilty to plotting to bomb downtown Toronto — would be free to walk the streets and travel with a Canadian passport after serving his sentence. Amara becomes eligible for parole in 2016.

In contrast, a Conservative government would ensure that Amara, who holds Jordanian citizenship, would be deported as soon as he's freed under the legislative authority of C-24, Kenney told a news conference in Levis, Que.

NDP Leader Tom Mulcair has opposed Bill C-24 and questioned the timing of the announcement to revoke Amara's citizenship, coming as it did in the middle of the campaign. Liberal Leader Justin Trudeau has said he would remove elements of the law on the basis it creates two classes of citizens.

THE CANADIAN PRESS

CAMPAIGN TRAIL

Invite Bloc to debate: Greens

The federal Green party is still holding out hope for an English-language campaign debate aired by the major television broadcasters — and it says Bloc Quebecois Leader Gilles Duceppe should be there.

The Greens are calling on CBC, CTV and Global to invite Duceppe, in keeping with the principle that any leader with MPs elected under their party banner should be asked to take part.

It marks the latest effort by the Green party — whose leader Elizabeth May is already invited — to revive interest in an event that may not happen at all.



Elizabeth May

Conservative Leader Stephen Harper has indicated he will not take part and NDP Leader Tom Mulcair says his participation is contingent on Harper being there.

The absence of two leaders could scuttle the debate, long a campaign fixture viewed by several million people.

However, Green party spokesman Julian Morelli says he's been assured the event will go ahead as long as Mulcair and Liberal Leader Justin Trudeau agree to participate.

THE CANADIAN PRESS

CROATIA

Migrant children falling ill in cold

Doctors treated migrant children — including newborns — for exposure as dropping temperatures Monday worsened the plight of asylum-seekers walking for days trying to reach sanctuary in Europe.

One group of migrants crossed into Croatia near the small village of Bapska, walking through cornfields and forests late Sunday to pass through a small gate that marks the border with Serbia.

Vladimir Bozic, a physician from Doctors without Borders, said he had treated many young children for temperature-related illnesses.

"We saw a one-month old baby, even (one just) 15 days," Bozic said.

Volunteers from the U.N. High Commissioner from Refugees handed out blankets, warm drinks and food to those fleeing conflict and poverty in the Middle East, Africa and Asia. Many are suffering in rising numbers from colds and the flu after days or weeks on the move in the rain and the mud.

"I expect even more, with the worsening of these cold conditions," Bozic said. "Winter is coming."

Migrants lined up at Croatia's Opatovac transit centre Monday to take trains out the country.

About 78,000 asylum seekers have crossed into Croatia since Sept. 15, when Hungary closed its border.

THE ASSOCIATED PRESS



Russian President Vladimir Putin takes part in a luncheon hosted by United Nations Secretary-General Ban Ki-moon at the United Nations headquarters in New York. ANDREW HARNIK/THE ASSOCIATED PRESS

World leaders at UN split on Syria crisis

DIPLOMACY

Major powers wrestle with viable options

Vladimir Putin played it cool, Barack Obama was earnest but firm and Iran's president walked in smiling. World leaders glided through the opening day of a U.N. gathering that aims to wrestle with the globe's biggest crises - a historic flood of refugees, the rise of threats like the Islamic State group and the conflict in Syria.

The U.N. secretary-general for the first time called for the civil war in Syria to be referred to the International Criminal Court, while Iranian President Hassan Rouhani said Iran's recent nuclear deal with world powers had a broader goal: "We want to suggest a new and constructive way to recreate the international order."

Chinese President Xi Jinping made a $1 billion pledge for U.N. peace efforts.

And Jordan's King Abdullah II made a heartfelt defence of the kinder side of the Muslim world in the face of "the outlaws of Islam that operate globally today."

> **We want ... a new and constructive way to recreate the international order.**
> Iranian President Hassan Rouhani

"When and how did fear and intimidation creep so insidiously into our conversation when there is so much more to be said about the love of God?" he asked, also quoting the Qur'an on mercy.

The king has called the rise of extremist groups like the Islamic State, and the crises they have caused, "a third world war, and I believe we must respond with equal intensity."

THE ASSOCIATED PRESS

SPACE

Water may flow on Mars: NASA

Mars appears to have flowing rivulets of water, at least in the summer, scientists reported Monday in a finding that boosts the odds of life on the red planet.

"Mars is not the dry, arid planet that we thought of in the past," said Jim Green, director of planetary science for NASA.

Scientists in 2008 confirmed the existence of frozen water on Mars. Now instruments aboard NASA's Mars Reconnaissance Orbiter have yielded what researchers said is the strongest evidence yet that water in liquid form trickles down certain Martian slopes.

And because liquid water is essential to life, the finding could have major implications for the possibility of microscopic life forms on Earth's next-door neighbour.

"It suggests that it would be possible for there to be life today on Mars," NASA's science mission chief, John Grunsfeld.

The rivulets — if that's what they are, since the evidence for their existence is indirect — are about 12 to 15 feet wide and 300 feet or more long, scientists said. They apparently consist of wet soil, not standing water.

The water is believed to contain certain salts which can prevent water from freezing at extremely low temperatures.

THE ASSOCIATED PRESS



Hoverboards in patent war

TRANSPORTATION

Canadian entrepreneur not put off by legal battles



Darren Pereira's company Hüüver has begun to sell online its Üüboard brand of self-balancing electric boards. MARTA IWANEK/THE CANADIAN PRESS

A Canadian entrepreneur is stepping into a fierce global patent war as he begins to sell a hands-free "hoverboard" he believes will revolutionize urban transportation.

Darren Pereira's Hüüver company has begun to sell online its brand of self-balancing electric boards called Üüboard. A Toronto dealership is in the works. The colourful units that travel up to about 10 km/h have motors that are propelled by movements detected from sensors near the feet.

"I think it's going to change the way we move," Pereira said in an interview from Toronto.

Two gyroscopes are so sensitive they detect small shifts in balance. Lean forward and the device moves forward. Lean back and it reverses. Move to the right and it turns that way.

The technology — described by some as mini-Segways without the poles — has drawn the ire of the New Hampshire-based company that first introduced its self-balancing personal vehicle in 2001.

The subsidiary of China's Ninebot technology last week filed suit in Delaware for patent infringement against Inventist Inc., a Washington state company that sells transportation devices, including Hovertrax and Solowheel.

Ninebot said its second-generation units, launched in 2006, included patented LeanStar technology.

Inventist, however, said it has its own patents for "a two-wheel, self-balancing vehicle with independently movable foot placement sections."

It filed suit against Ninebot in China, and last June against Soibatian Corporation for their product, the IO Hawk. Billionaire Dallas Mavericks owner Mark Cuban then partnered with Inventist's founder, adding firepower to the effort to go after alleged copycats.

> **"I think it's going to change the way we move."**
> Darren Pereira

Pereira, however, says the legal battles won't deter him from pursuing this business opportunity.

Several Chinese factories pump out thousands of units a day under various names including Oxboard, Cyboard, Future Foot, Monorover, Airboard, Freego, Esway and Overoad.

The Üüboard sells for $949 and comes with a one-year warranty, but rival products are available for between about $600 US and $1,800 US. Hüüver's Chinese supplier, Cube Electronics Tech, said they can be purchased directly for up to $200 US.

The hoverboards can be used on urban bike lanes and sidewalks, but Pereira said he's been asked to put his away at a Blue Jays game and in some shopping malls.

THE CANADIAN PRESS

IN BRIEF

Women on boards varies by industry, size: Survey

A review of more than 700 companies listed on the Toronto Stock Exchange has found that the number of women on corporate boards and in executive positions varies by industry and company size. For example, about 60 per cent of companies with a market capitalization more than $2 billion reported having at least two female board members. And 59 per cent of the reporting issuers of that size said they had at least two female executive officers. THE CANADIAN PRESS

market minute

DOLLAR 74.66¢ (-0.44¢)

TSX 13,004.58 (-373.99)

OIL $44.43 US (-$1.27)

GOLD $1,131.70 US (-$13.90)

NATURAL GAS: $2.670 US (+3.9¢)
DOW JONES: 16,001.89 (-312.78)



An Apple store in Chicago displays the new Apple iPhone 6S. KIICHIRO SATO/THE ASSOCIATED PRESS

TECHNOLOGY

Apple sells 13M new iPhones in three days

Apple says it sold more than 13 million iPhone 6s and 6s Plus phones in the three days since its iPhone launch, topping last year's early sales mark.

Apple sold 10 million iPhone 6 and 6 Plus models during their first weekend last year. This year's results include sales in China which was included in the initial launch for the first time. Apple said previously that preorders were so strong that it expected to surpass last year's record.

PiperJaffray analyst Gene Munster said results came in at the high end of his expectations for sales of 12 million to 13 million. He said China added about two million in sales.

"Today's news suggests the iPhone 6 cycle is off to a good start," he wrote.

The new models have more memory and faster processors, along with a new 12 mega-pixel camera, and starts at $649 US.

Apple Inc. says the phones will be available in 40 additional countries beginning Oct. 9 including Italy, Mexico, Russia, Spain and Taiwan and 130 countries by the end of the year.

THE ASSOCIATED PRESS



VOLKSWAGEN SCANDAL

Germany probes ex-CEO's role

German prosecutors on Monday opened an investigation against former Volkswagen CEO Martin Winterkorn to establish what his role was in the emissions-rigging scandal that has shaken the world's largest automaker.

The investigation will concentrate on the suspicion of fraud committed through the sale of vehicles with manipulated emissions data, and aims to determine who was responsible, prosecutors in Braunschweig said in a statement.

In the German system, anyone can file a criminal complaint with prosecutors, who are then obliged to examine it and decide whether there is enough evidence to open a formal investigation.

In this case, following the revelations about the rigged tests, prosecutors in Braunschweig, near VW's headquarters in Wolfsburg, received about a dozen complaints, including one from Volkswagen itself, said spokeswoman Julia Meyer.

She said it was too early to say if and when prosecutors may try and interview Winterkorn himself, and that she did not know whether he already had an attorney to represent him.

She said at this stage, she could not estimate how long the investigation would last.

"This is a very broad case and in other such investigations it has taken many months, sometimes years," she said.

Winterkorn, Volkswagen's CEO since 2007, resigned Wednesday — days after the world's top-selling carmaker admitted that it had rigged diesel emissions to pass U.S. tests during his tenure. He said that he was going "in the interests of the company even though I am not aware of any wrongdoing on my part."

Under German law, it is not possible to bring charges against a company, only against individuals.

In Germany, fraud can carry a prison sentence of up to 10 years.

THE ASSOCIATED PRESS

VEHICLES

Number of diesel cars known to have the device:

- **Volkswagen** – 5 million.
- **Audi** – 2.1 million
- **Skoda** – 1.2 million.

metro VIEWS

Relax, dude: A new Forum poll of 1,557 Canadians found we're becoming more permissive of things we once stigmatized — including marijuana, prostitution and assisted suicide.

EMMA TEITEL: ON HARPER'S IMAGE ABROAD

There's something both morally suspect and frankly unconvincing about this "reputation" business — which asserts that Canada, once a shining example to the world, has fallen from grace.



What do Stephen Harper and Joan Jett have in common besides a burning love for rock and roll?

Neither, apparently, gives a damn about his or her reputation. Jett said so explicitly in her hit song Bad Reputation, released in 1980. And Harper, according to his foes, has quietly and deliberately diminished Canada's international standing as the True North Strong and Friendly since he entered the prime minister's office in 2006.

Thanks to the Conservative government, we often (annoyingly) hear, "Gone are the days when youngsters travelling abroad sewed miniature Canadian flags to their backpacks with pride." (An alternative explanation for this supposedly waning trend? Young people can't sew. Last year, researchers at the University of Missouri found that millennials are severely lacking, compared to their parents, in clothing repair and maintenance skills.)

Backpacker pride aside, though, according to an Angus Reid study released this week, "Canadians are twice as likely to say this country's reputation has worsened over the last decade as improved." And remarkably: "In spite of this view," reports Angus Reid, "they (Canadians) still choose Stephen Harper as the leader best suited to represent Canada on a number of key foreign issues, including terrorism and trade."

In other words, even supporters of Harper seem to be under the impression that the PM has significantly scarred the country's reputation.



Neither Joan Jett nor Stephen Harper cares one iota about their reputations, just as most of the rest of the world doesn't care about Canada's. GETTY IMAGES

We often hear, "Gone are the days when youngsters travelling abroad sewed miniature Canadian flags to their backpacks with pride." An alternative explanation ... Young people can't sew.

Were Joan Jett not currently tied up, and were she remotely interested in the job, I wouldn't be surprised if she gave Harper a run for his money in the general election.

So supposedly devastating to our national standing is the PM's hawkish foreign policy, you'd think anyone besides Donald Trump would do a better job at salvaging the country's reputation. That is, assuming Canadian self-perception is accurate — assuming our reputation needs salvaging in the first place.

It's true: Harper has muzzled scientists, shown contempt for journalists, and served as an unhelpful (read: uncritical) friend to Israel. He appears to have little love for Canada's indigenous and refugee populations — nor its women, whom he has consistently snubbed in the election cycle.

But has Harper really marred our standing on the world stage in such a major way?

There is something both morally suspect and frankly unconvincing about this increasingly popular "reputation" business — which asserts that Canada, once a shining example to the world, has fallen from grace in a short period of 10 years. That Canada — regardless of its newfound conservative bent and hardline foreign policy — is top of mind to anyone outside its borders.

It seems as though obsessive anti-Harperism has given us a kind of national narcissistic personality disorder, where we assume the entire earth is talking in hushed tones about how much we've changed for the worse. (Harper may be the big bad wolf on Canadian soil, but he is small potatoes outside our borders.)

This sentiment is ridiculous when you consider that we are consistently named one of the most well-liked countries in the world. This summer, according to the CBC reporting on yet another best-nation reputation contest (this one spearheaded by Reputation Institute) "For the fourth time in six years, Canada has come out on top in a survey that tries to determine which country has the best reputation."

Harper may have altered our standing in the minds of activists and diplomats — where landmine clearance, women's contraception and refugee and aboriginal rights are concerned — but he does not have the power to eviscerate it the world over. Ignorance is actually, ironically, our best friend in this regard: The kinds of cheap generalizations we cringe at when travelling in the United States or Europe are a welcome alternative to the truth.

Ask a foreigner what he thinks of when he thinks of Canada, and it is unlikely he will evoke the prime minister with the icy stare steering a nation away from its soul. Instead, he will probably mention cold winters, Justin Bieber, poutine, Drake or any number of friendly stereotypes that inspire the trinkets we balk at in our airport gift shops: maple syrup, beavers, moose slippers. Some clichés, thank God, never die.

Emma Teitel is a national columnist for the Toronto Star. She has been a front-of-the-book columnist for Maclean's magazine for the past four years, focusing on a wide range of subjects including women's issues and popular culture. She won the National Magazine Awards gold award for columns in 2013.

YOUR RIDE

It will cost $2M for a truly multi-use Macdonald Bridge

Erica Butler



It was heartening to hear councillors voice their support for a plan to fix access to the Macdonald Bridge bikeway last week.

It was a little less heartening to realize that a solution is a long way off, proposed for sometime after spring 2017.

But the real disappointment was that the roughly $2 million it might cost to build a flyover ramp fix on the Halifax side could annihilate a year's worth or more of capital funding for active transportation (AT).

Coun. David Hendsbee suggested an alternative to draining the AT budget: Make cyclists pay for it. Tax them with tolls, licenses or both. Just make them pay for what they get.

As many have pointed out, there are fundamental problems with Hendsbee's suggestion, not least of which is that you generally don't tax the things you are trying to get people to do more of.

The other, less mentioned problem, is that Hendsbee (and city planning staff) seem to think that this $2-million fix is being spent on cyclists, when actually, it's being spent on cars.

It would be simple and cheap to fix the Halifax access for cyclists: Just cut a hole in the fence and let them cross the street.

It's not my idea. A 2001 report from the engineering consulting firm CBCL suggested exactly that fix, combined with changing both bridge pathways to shared-use paths — one way for cyclists, two-way for pedestrians.

Known as the "at grade" solution, this would give cyclists easy access not only to North Street, but to the Brunswick Street bikeway, a much safer route downtown than high-speed Barrington Street.

The recent council-approved report mentions this "at grade" solution only in passing, suggesting that a crossing of the lanes taking bridge traffic down to Barrington would be "risky."

Back in 2001, CBCL assessed the risk as manageable, with the installment of human-activated crossing lights. The main downside, according to the report, was that vehicle traffic coming off the bridge would be affected, to the tune of a 10 per cent reduction in "green time" for cars headed down the Barrington ramp.

Let's not kid ourselves here. Fixing this bridge access for both pedestrians and cyclists could be dirt-cheap. It's the need to maintain optimal car traffic flow in our city that has yielded the $2 million or more price tag here.

This money, if it ever does get spent in 2017, is being spent on cars, not bikes.

Erica Butler lives in Halifax and uses transit, a car and a bicycle to get around the city. You can follow her on Twitter at @HabitatRadio.

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Commemorative Amy Winehouse box set to be released in December

Scientists love The Martian



Matt Damon is an astronaut stranded on Mars in The Martian, which opens this weekend.
CONTRIBUTED

ANALYSIS

Despite flimsy science, film shows planet's challenges

Surviving in space is hard and scientists say The Martian shows precisely what challenges astronauts will face on a pioneering mission to Mars, even though it contains some big inaccuracies right from the get-go.

Case in point — the colossal storm that causes the crew to abandon the movie's main character, botanist Mark Watney played by Matt Damon, would not have packed much of a punch on the Red Planet.

"The fundamental starting premise is completely incorrect," said Mars expert Scott Hubbard, a consulting professor in the department of aeronautics and astronautics at Stanford University.

Due to the thin atmosphere on Mars, wind speeds could only reach about half a hurricane's strength, and "would probably not be sensed by an astronaut — let alone pose the sort of threat seen in the movie."

Still, Hubbard and others say they are fans of the story — both the novel, written by Andy Weir, and the movie, directed by Ridley Scott — because it brings to life the obstacles NASA must overcome as it strives to send humans to Mars by the 2030s.

In the movie, NASA is already there, landing an ethnically diverse crew on the Red Planet, where Damon's character accidentally gets left for dead with about a month's supply of food.

Facing the prospect of waiting four years until a spaceship could get back to him, he is constantly thinking about what could kill him and how to avoid it — that is, when he is not dancing to the disco music left behind by his commander or vowing, "I am going to have to science the s— out of this," in order to survive.

"The thing we like about the movie is it shows how you think one, two, three steps ahead," said NASA astronaut Rex Walheim.

Some scenes from The Martian are based in science that's already happening. When Damon's astronaut grows potatoes on the Red Planet, it's possible astronauts could do such a thing. Scientists on Earth have figured out how to grow plants in harsh environments, as well as split carbon dioxide (CO_2) in order to get oxygen, and to split water (H_2O) to get oxygen.

What is missing is an experiment to test these techniques in a long-term Mars simulation on Earth, by sealing people off in an area with no outside oxygen or water and only their own tools for growing food and recycling waste. That hasn't been done in the United States since the Biosphere 2 project in the 1990s.

There is a year-long NASA-funded Mars simulation under way in Hawaii, but its focus is primarily crew psychology.

Retired NASA astronaut Leroy Chiao said he tried to leave his "technical hat" at the door when he saw the movie.

But there were a couple of scenes that were "implausible and too much," he said.

One involved an astronaut puncturing a glove to devise a thruster. The other came when a crew member crafted a makeshift bomb that blew up just one part of the spaceship.

"There is no way either one would work!" Chiao said.

But space policy expert John Logsdon said he expects the story will inspire young people to keep working on ways to get there. "I think the bottom line of both the book and the movie is yes, it is worth doing," he said.
AFP

> **The thing we like about the movie is it shows how you think one, two, three steps ahead**
> Astronaut Rex Walheim





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UBC using emojis to teach consent

SEX ED

Survey: 67% of Canadians don't fully grasp concept



Thandi Fletcher
Metro | Vancouver

Two years after students made national headlines for singing a chant advocating rape during frosh week at the University of B.C., the school has launched a campaign using emojis to help educate students about sexual consent.

Posters have gone up across campus and pins are being handed out to students featuring six emoji faces and symbols that aim to explain how to tell if someone has given consent to sexual activity.

While the campaign aims to educate all students, Janet Mee, director of access and diversity, said it especially targets first-year students who are most vulnerable to being sexually assaulted at the start of the school year.

According to Canada's Department of Justice 2003 report on dating violence, on-campus sexual assaults usually occur within the first eight weeks of school.

"These are students that are likely away from home for the first time," Mee told Metro. "They're exploring their freedom, and they often don't understand the concept of consent."

A May 2015 survey commissioned by the Canadian Women's Foundation found that 67 per cent of Canadians don't have a full understanding of the definition of sexual consent — despite the finding that 96 per cent of those surveyed agreed sexual activity between partners should be consensual.

Many Canadians may be familiar with the No Means No slogan, coined by the Canadian Federation of Students more than two decades ago and printed on informational posters on university campuses across the country to raise awareness and to reduce the occurrence of sexual assault, acquaintance rape and dating violence.

But Mee said education about sexual consent has "moved beyond No Means No."

"Only an enthusiastic yes means I'm giving consent," she said. "The grey period where people get confused is around the maybes."

> **"It's catchy and recognizable for this age group."**
> Janet Mee

If someone is silent, hesitant, under the influence of drugs or alcohol, unconscious, or being coerced or coaxed, consent does not exist, said Mee. Under Canadian law, both verbal and behavioural consent is required for consensual sexual activity. Consent must also be ongoing and can be withdrawn at any time.

Mee said the emoji campaign helps to explain sexual consent in a way that transcends cultural and language barriers, is gender inclusive and internationally recognizable.

While some might think emoji are too lighthearted or silly for a campaign that addresses a serious issue, Mee argued that the images help make the topic of sexual assault more approachable.



"When you approach it with all of its complexities, many people won't engage in the conversation," she said. "Emojis are something that students are familiar with. It's catchy and recognizable for this age group."

The campaign is part of the university's four-pillar education plan that aims to help address and prevent sexual assaults on campus.

In 2013, a string of six sexual assaults occurred on campus that the RCMP believes to be committed by one individual. The high-profile assaults are still under investigation.

While the university is committed to addressing the issue, Mee said the emoji campaign is not related to the 2013 sexual assaults. "Stranger sexual assaults are very unusual," she said.

"The majority of sexual assaults, particularly on a university campus, are acquaintance sexual assaults, so somebody you know and it could even be somebody you know very well."

She said the number of sexual assaults reported to the university is surprisingly low.

Last year, five incidents of on-campus sexual assault were reported, three of which were reported to have occurred in student residences.

Mee said she hopes that initiatives like the emoji campaign will help students "feel like the university cares," and encourage more to come forward and report sexual assault.

If that happens, she said the number of reported sexual assaults at UBC will likely increase.

"Until we get really good at it," she said, "and then hopefully it will go down."

SCIENCE

Man bun baldness



Trendy top-knots can cause "traction alopecia." ISTOCK

Matthew Lee
Metro | New York



Hipsters beware, your sexy top-knot bun could be making you go bald. Scientists refer to a specific hair condition called "traction alopecia," which is baldness on the forehead and temples caused by extended pulling of the hair.

"They're putting traction on the hair follicles that the hair is not really meant to take," dermatologist Sabra Sullivan told Mic. "Traction alopecia in men is becoming more common."

Apparently this is nothing new and researchers, scientists and hair health experts have been warning people to not pull their hair back so tight. According to experts, "any hairstyle that creates overly tight hair pulling, regardless of gender, could produce irreversible long-term consequences," Mic stated. "Once you damage the hair follicle, it will not grow back," said Dennis Zuniga, a stylist at New York's Donsuki Salon. But not all hope is lost. You can still have your man bun — just don't pull it.

HEALTH BRIEFS

Dealing with sleep apnea can improve mood, too

If you have obstructive sleep apnea, Continuous Positive Airway Pressure (CPAP) therapy might improve symptoms of depression. In a study, 73 per cent of sleep apnea patients were found to have "clinically significant depressive symptoms." However, (CPAP) therapy was shown to dramatically improve symptoms.

David R. Hillman, MD, a clinical professor at the University of Western Australia adds that people who suffer from snoring and daytime sleepiness might want to consider the connection with depression symptoms. METRO

Having sex won't give you a heart attack: Study

New research suggests no apparent relationship between sexual activity and heart attacks. Researchers found that just 0.7 per cent of participants reported having had sex within an hour of a heart attack.

Researchers say the majority of heart disease patients should be able to resume their sex lives without worry. METRO

Mikey
Domestic Medium Hair



Eight-year-old Mikey is a giant of a cat, literally and figuratively. Unfortunately, his former guardian was no longer able to care for Mikey so he finds himself in the shelter meeting all kinds of new people. He loves company and with his eager, friendly nature, he has no problem letting you know how pleased he is that you have come to visit. **Mikey has a big heart and sweet disposition so we recommend that you drop by the shelter in Burnside to meet him and see for yourself.**

For more information on **Mikey** and other adoptable furry friends, visit **www.spcans.ca/dartmouthshelter** or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or dartmouth@spcans.ca

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INFANT NUTRITION

Model draws ire in opting for bottle

Deciding whether to nurse or bottle-feed babies may be a personal matter, but the backlash faced by Canadian supermodel Coco Rocha for her choice reveals how divisive opinions can be about how infants are fed.

Rocha spoke out on social media against the "unwanted advice" she's heard about her decision to feed formula to her infant daughter.

"Not that this is anyone's business — I loved breastfeeding Ioni for the first five months of her life and then one day my milk went dry. It happens to every mom at different times," the Toronto-born, Richmond, B.C.-raised Rocha wrote in an Instagram post alongside a photo of Ioni bottle-feeding.

Breastfeeding is recommended exclusively for an infant's first six months, and can be continued for up to two years or longer with supplementary feeding, according to a joint position statement by Health Canada and other national organizations. The Nutrition for Healthy Term Infants recommendations also recognized that infants many not be able to nurse exclusively.

Parenting blogger Jennifer Pinarski said she's spoken with other women who, like Rocha, found their milk supply "wasn't sustainable."

"The assumption is that if you are formula-feeding that there is something wrong with your body. That's already a personal attack on a woman," said the mother of two, who lives outside of Kingston, Ont. "But in terms of formula being a choice as well ... there shouldn't be anything wrong with that."

Registered nurse and lactation consultant Cindy Leclerc said one of the most common reasons women discontinue breastfeeding is the belief they don't have sufficient milk for their little one.

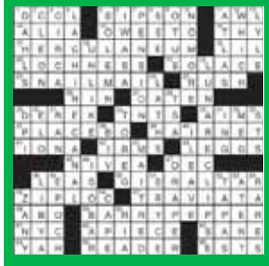
"A lot of the time, women actually do have enough, but their breasts may not feel as full or the baby might be fussy for other reasons. And women are quick to doubt themselves," Leclerc said from Saskatoon. Early skin-to-skin contact between mother and infant helps both with milk production and when babies are struggling to latch to the breast, Leclerc noted.

THE CANADIAN PRESS



Canadian model Coco Rocha's choice to bottle-feed her baby reveals conflicting attitudes about feeding. GETTY IMAGES

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9	1	3	4	8	6	7	5	2
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2	5	6	3	7	9	1	8	4
1	4	5	2	9	3	8	6	7
6	9	8	7	1	4	3	2	5
3	7	2	8	6	5	4	9	1
4	3	9	1	5	2	6	7	8
5	6	7	9	4	8	2	1	3
8	2	1	6	3	7	5	4	9

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Self-employed and pregnant



MATERNITY LEAVE

A pregnancy is extra stressful when work is precarious

Kaitlyn Kochany
For Metro Canada



The day we found out I was pregnant, my husband went to work, and I went back to bed. I didn't sleep: I lay awake under the covers and wondered if we could afford to have this kid.

Just about every newly pregnant person has some variation of this thought: How am I going to afford this? For me, this question was doubly pressing.

Would I lose my job if I took time off? Could I work in the evenings, while my husband looks after the baby? We would have to buy diapers and clothes, furniture and toys, strollers and books — and that was just the baby's first year. Then there would be daycare, school trips, extracurricular lessons, college...

I'm self-employed. I contract out 20 hours each week as an administrative assistant. The rest of the time, I'm a freelance writer. I spend anywhere from 10 to 20 hours each week pitching stories, organizing interviews, and trying to hammer out my columns.

My work week stretches over all seven days, and I answer emails any time between six in the morning and midnight. Since I'm just launching my writing career, my take-home pay runs somewhere between $1,500 a month and $2,500, depending on if I've had a great writing month or a lacklustre one.

I'm part of the 52 per cent of GTA residents in part-time, contract, or temporary roles. I do my own payroll, set my own schedule, and "my office" is also known as "our living room."

My day-to-day freedom has been a blessing during this pregnancy. I can schedule midwife appointments around interviews, and take naps in the afternoon when fatigue gets the better of me. But that same freedom leaves me feeling unmoored. I left my last full-time job in March of this year, and was pregnant by May.

Canada requires self-employed people to pay into their employment insurance fund for a full year before they can claim any benefits, something that doesn't help those of us who are only pregnant for nine months. When the baby arrives in January, I will not be entitled to any paid maternity or parental leave.

My husband, who works full-time, will take some parental leave during the first few months. I plan to return to my full workload between two and six weeks after I deliver. I can work flexibly, and work from home, but I will still be working.

This isn't a path I wanted. But choosing not to work for any reason (including an illness, new baby, or to care for a sick relative) means my income disappears. My husband's salary — either the full amount, or the 55 per cent of his gross pay that he would collect during parental leave — won't cover our rent, grocery bills, and the added expenses of a brand-new family member. So, from now until the baby's birth, we'll save as much money as we can. When we exhaust that, he'll go back to work full-time, and I'll do the same, albeit with a newborn at my side.

It's possible that this baby will be cute enough that he or she can be put to work right away as a child model, or we'll have a YouTube video of the kid laughing that lands us on daytime TV. But more likely, my husband and I will trade childcare duties and do our best to be together as a family when we can find the time. We'll rely on each other, and our friends and family, to keep the tumultuous early few months as even-keel as possible. And we'll celebrate!

Having a baby is exciting, something we have wanted for years. But that celebration won't be too lavish. After all, we'll be on a tight budget.

"It's possible that this baby will be cute enough that he or she can be put to work right away as a child model. But more likely, my husband and I will trade childcare duties.

HEALTH

Pregnant? Freelancing? Things to consider:

Do I want maternity benefits? Once a self-employed person claims EI benefits, they're required to keep paying into the fund in perpetuity. Some women, especially those who are just starting out, may end up paying more into the fund long term than they'll receive during leave. Do the math before making the claim.

What do I need? Negotiate service and schedule changes based on your changing role with your clients ahead of time. For example, a C-section may require a longer recovery time than a vaginal birth, and require more time off.

Who are my networks? There are thousands of parents making self-employment work for them. Don't be afraid to ask for help, guidance, and feedback from people with experience.

DISCOVER AKERLEY BOULEVARD

Discover retail, food, and service providers

Akerley Boulevard is a gateway to the Burnside Industrial Park and it's a road which has lots of charm.

From the south side, Akerley Boulevard intersects with Windmill Road (or Highway 7), meaning it is just minutes away from the MacKay Bridge. It is also the first entrance to Burnside when approaching on Highway 7 from Bedford.

Akerley Boulevard is about three kilometres long and approaching it from either side, the road climbs to a high point at roughly the mid-point of the street.

At the peak, the view overlooks the Bedford Basin (when facing south) and is beautiful.

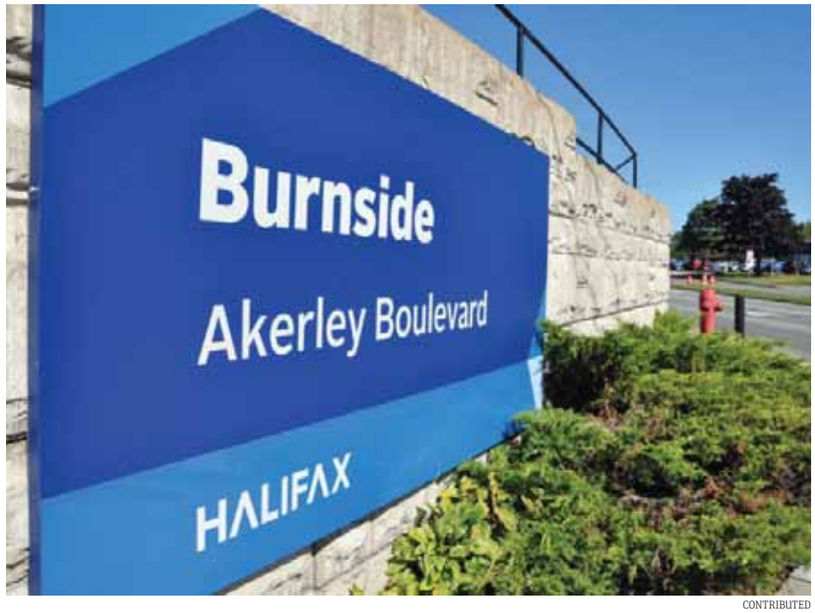
The road is also home to a rail line that cuts through the street, meaning you might have to wait for a train to pass through when you're on Akerley Boulevard. These are just some of the things which give Akerley Boulevard its unique character.

On Akerley Boulevard, there's a huge variety of businesses — many of which are locally owned and operated. There are retail stores, service providers, restaurants and more. The road is filled with an endless supply of them.

For the most part, Akerley Boulevard is almost fully developed. There is a patch of land where the street intersects with Burnside Drive where future development is planned, according to city documents.

However, there is still much room for the larger Burnside Business Park to grow. Currently home to around 1,500 businesses that employ about 20,000 people, there are additional areas that have been slotted for development in the park.

One other big development for Akerley Boulevard and the park itself will be the construction of the Burnside Expressway. This road will go from Burnside Drive (right where Akerley Boulevard and Burnside Drive meet) and run into Bedford, thereby allowing easy access to that community, as well as nearby Sackville.



CONTRIBUTED

While there is no timeline in place, the province says it is carrying out the engineering work needed for the project, as well as environmental assessments.

Akerley Boulevard will continue to be a destination and Burnside will continue to grow. As always, Akerley Boulevard will remain in the centre of the action.

Almost four decades of fresh Lebanese food



CONTRIBUTED

As the first person to open a Lebanese food restaurant in Nova Scotia, Ray Khattar has been satisfying people with fresh and healthy homemade food for almost four decades at his revered restaurant, Ray's Falafel.

The food is all made from scratch, without additives or preservatives, resulting in delicious dishes full of flavour. The spices used by Khattar add another dimension of flavour.

"I have my own secret spice recipes," he says.

A long-time fixture of Scotia Square, Ray's Falafel set up shop at 75 Akerley Boulevard just over a year ago.

With its bright green walls and abundance of natural light streaming in, the business offers a warm and comfortable ambiance and is the perfect place to go for lunch or breakfast. With seating for up to 60 people, Ray's Falafel is ideal for a private party.

The company also offers catering services for homes and offices, as well as any event you can imagine, such as weddings and engagement parties.

With a wide variety of dishes offered, Khattar says the most popular dishes are the chicken shawarma and falafel.

Ray's Falafel in Burnside is open Monday to Friday from 7 a.m. to 6 p.m., as well as on Saturdays from 10 a.m. to 3 p.m.

Ray's Falafel also has a franchised location in the Bayers Lake Business Park at 120 Susie Lake Crescent which just recently opened.

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BIN DOCTOR'S SOLUTIONS FOR EASIER RECYCLING

On Aug. 1, the city implemented a number of changes to encourage proper sorting of garbage and recyclables. The city began accepting a maximum of one black garbage bag per household on each trash collection day.

Under the new rules, homeowners are allowed to put out a maximum of five clear and one black garbage bag (or six clear ones).

For people in multi-unit residences (six units or under), they are allowed a maximum of three clear and one black garbage bag (or four clear ones).

These changes mean people need to be more diligent about what they recycle.

For almost 20 years, Bin Doctor has been providing solutions to help make recycling and using green bins easier. The locally-owned and operated company started in 1999 by Robert Loppie and his best friend, Jason Vaillancourt.

The two started the company at the same time HRM rolled out its green bin program.

With the strict rules now in effect regarding bags, Bin Doctor has a home recycling station that makes it easy to comply. The three-compartment system has lids and holds the clear bags you would put to the curb.

"It holds and organizes your recycles for you in one station," says Loppie, the company's co-CEO.

The home recycling station costs $49.99 and can be purchased at Canadian Tire, Kent and Sobeys, as well as at Bin Doctor's storefront at 75 Akerley Boulevard.

The Akerley storefront carries all of the company's recycling container solutions for homes and businesses.

After much demand, Bin Doctor just released a product its customers have been wanting for years.

The company created a bin liner for outdoor green bins. The 240-litre liner is made of two-ply waterproofed paper, is biodegradable and compostable, and won't crumble.

Using the paper bin liner will eliminate odours and keep your green bin completely clean. To use it, people should wash out their bin first and then begin using the liners.

"Our bin cleaning division came by and cleaned my bin eight weeks ago and it still looks like it was cleaned yesterday," says Loppie.

NEW BIN LINER

The new bin liner is available at Sobeys and the Bin Doctor storefront.



CONTRIBUTED



MASSIVE SAVINGS AT DARTMOUTH SURPLUS

Dartmouth Surplus' slogan is a fitting one — it's like a new store every day.

"We always have new stuff coming in," says Geoff Taylor and Pat Reilly, co-owners of the business located at 41 Akerley Boulevard.



CONTRIBUTED

Dartmouth Surplus is a discount store, similar to a department store in that it features many of the same departments, such as clothing, houseware, bedding, linens, stationary, tools, hardware and racking.

The business also carries a large selection of aluminum trailers for use as a utility, cargo, dump, motorcycle and ATV trailer.

The savings at Dartmouth Surplus are huge — up to 70 per cent on brand name products. Within the store, Maximum Lube and Tire offers tire and oil changes.

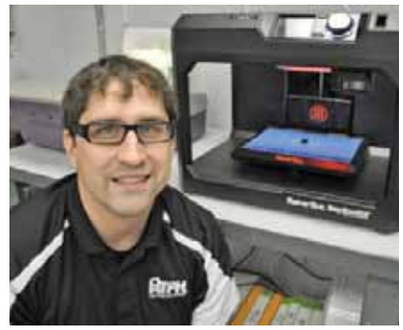
Reilly says there is one big misconception people have about the business.

"Because we're a surplus store, a lot of people think we only have used goods. Most of our items are not used," he says.

Reilly says about 90 per cent of the product is new and says the used product is largely confined to the office furniture found in the liquidation department. The store is huge, with about 30,000 square feet of floor space.

Dartmouth Surplus is open seven days a week, on Mondays through Saturdays from 8:30 a.m. to 5 p.m. and 11 a.m. to 3 p.m. on Sunday. The store has a rewards program and people can make purchases online at dartmouthshop.com.

TPH is now offering 3D printing



The Printing House's manager, Jeff Brown, shows off the new 3D printer. CONTRIBUTED

The Printing House (TPH) has been a proud member of the Halifax-Dartmouth community for the past 27 years. Over those years, the Printing House has given back to the community through its charitable work and employee volunteer programs.

Supporting the community is an important focus for The Printing House. Some of the community events it is sponsoring this year include the Halifax Pop Explosion, Nocturne and the Halifax Chamber of Commerce's Halifax Business Awards. The company's investment and commitment to the Halifax area can be seen in its recently completed renovations at both its Akerley Boulevard and Barrington Street locations. This includes investment in new technology, new services and new solutions including dieless foiling and perfect binding.

One of the new pieces of technology is the addition of 3D printing. This printer is now fully functional at the 11 Akerley Boulevard location. 3D printers represent a major shift in the way manufacturing and prototyping takes place. The printer at the Akerley location will be able to print things to a maximum size of 12 inches by 12 inches, with ABS plastic. However, The Printing House has access to larger 3D printers in its network.

Basically, you can design and print off any shaped parts imaginable. Besides 3D printing, The Printing House also offers traditional and large format printing. TPH is focused on providing high-quality production with quick turnaround. Simply put, the company delivers at the speed of business.

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TPH.CA/HALIFAX

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Up to 50 per cent of a home's heat loss can be attributed to drafty and inefficient windows and doors.

Properly installing energy-efficient windows and doors has the advantages of reducing high home energy costs, reducing noise from the outdoors and eliminating cold drafts.

As winter approaches, it isn't too late to upgrade those old drafty windows and doors or apply siding with insulation board for added R-value.

"People don't realize we work all winter," said Tracy Conrad, the operations



CONTRIBUTED

manager at Windows Plus Home Improvements Inc., located at 95 Akerley Boulevard. Windows Plus has been in business since 1988 and 80 per cent of its business comes from repeat clients and referrals. This is indicative of the satisfaction customers have in dealing with Windows Plus.

Windows Plus provides its customers with helpful advice, shows up when promised, uses only quality products and workmanship, and cleans up after the job.

Windows Plus also has an active social media presence and can be found online at windowsplus.ca, on Facebook at facebook.com/WindowsPlusHRM or on Twitter @Windows_Plus.

GET YOUR HOME READY FOR WINTER

Last winter was a nasty one. With an abundance of snow and rain, combined with the perpetual freeze/thaw cycle, the weather took a toll on homes and businesses.

"It caused a lot of problems," said Deborah Totino of SkyReach Property Services, a family owned and operated company that is the largest provider of residential, commercial and high rise window cleaning and related building services in Atlantic Canada.

One of the pre-winter services the company offers is eavestrough cleaning, which is a must before winter hits.

Eavestroughs allow rain to run off a roof and drain away from the house. This service protects a home from ice build ups or water damage.

Another important pre-winter service SkyReach offers is caulking services. This ensures windows and doors are sealed, thus protecting against drafts and helps minimize energy costs.

SkyReach offers these same services for



CONTRIBUTED

businesses.

SkyReach offers free estimates. The company is a member of the Better Business Bureau, WCB certified, third-party safety certified through Contractor Check Canada and carries $5 million in liability insurance.

All employees are background checked and fully trained on leading safety practices.

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metro SPORTS



"I would never complain about too short of a summer (after) winning a championship": NBA MVP Steph Curry is ready for training camp

'Good day' for the Mooseheads

QMJHL

Sharks return Timo Meier, Herd promptly assign him 'C'



Philip Croucher
Metro | Halifax

It's Timo time again, Halifax.

The Quebec Major Junior Hockey League franchise announced Monday that the NHL's San Jose Sharks had returned their 2015 first-round pick back to the Mooseheads.

The Herd then announced that the 18-year-old from Herisau, Switzerland, would be the team's captain this season.

It didn't take Meier long to get back in Moose colours, either.

On Monday afternoon, the power forward was on the ice at Scotiabank Centre for a team practice and then afterwards took part in an hour-long off-ice workout.

"It's a good day," Mooseheads general manager Cam Russell said of having their star forward back.

"It's always nice to add players of that caliber," he added. "They elevate the game and give you a chance to win every night."

Meier was taken ninth overall by the Sharks in June's NHL draft. He spent about two weeks with the team at their NHL camp, and suited up in two pre-season games.

In an interview after practice, Meier said he learned Saturday night from the Sharks that he was coming back to junior and he landed back in town on Sunday.

"It was great experience," he said. "Skating with the NHL guys … it was great for me. I learned a lot."

Last season with the Mooseheads, Meier had 44 goals and 90 points in 61 games, making his return a much-needed spark for the second-youngest club in the QMJHL, one that is coming off a 1-3-1-1 start to the season.

Meier will make his season debut this weekend as the Mooseheads embark on a three-games-in-three-days road trip through Quebec starting on Friday night against the Sherbrooke Phoenix.

"If you look at how he played — last season — I don't think he had one bad game. He carried himself like a professional," said Russell of giving Meier the 'C'.

"He led by example. He played big in big games."

Added Meier: "It's a big honour for me. I'm really proud to be captain."



Halifax Mooseheads winger Timo Meier, right, struggles with Moncton Wildcats Jacob Sweeney during Round 2 QMJHL playoff action at the Scotiabank centre in April. JEFF HARPER/METRO

IN SAN JOSE

Coach DeBoer says Meier has 'really bright future'

If you go by what the head coach says, Timo Meier didn't disappoint with the San Jose Sharks.

Meier was one of eight players released from the team's NHL camp on Monday, bringing the roster down to 27 from 35.

"Timo had an impressive camp. He showed everyone why we selected him where we did," Sharks coach Peter DeBoer said in a statement.

"He has a nice blend of power, speed and skill and he has a really bright future."

Meier played in two pre-season games, a 1-0 overtime loss to the Vancouver Canucks on Sept. 21, and a 4-1 win against the Phoenix Coyotes on Friday in which he had two shots on goal and five hits.

"The guys up there, the things they do on the ice are almost perfect," Meier said of the two games he played in. "They are strong men and it's a high speed. As a young guy, it was great for me."



Roberto Osuna and Russell Martin perform their customary victory handshake after the Jays' latest comeback win on Monday at Baltimore's Camden Yards. MITCHELL LAYTON/GETTY IMAGES

MLB

All hands on deck as Jays close in on AL East

As they charge toward their first AL East title in 22 years, the Toronto Blue Jays are finding new and interesting ways to win.

A team that has hit 223 home runs used a 60-foot dribbler to beat the Baltimore Orioles 4-3 Monday night.

Toronto's fifth straight victory, coupled with the Yankees' loss to Boston, reduced the Blue Jays' magic number for securing the division crown to two.

After scoring twice in the eighth to pull even, the Blue Jays got the decisive run against Brad Brach (5-3) in the ninth. Dioner Navarro led off with a single and was replaced by pinch-runner Dalton Pompey, who advanced on a single. After a sacrifice moved the runners up, Pompey scored when Justin Smoak hit a slow roller to first and Chris Davis threw wildly to the plate.

MONDAY In Baltimore

BLUE JAYS	RAYS
4	3

"I hit it off my thumbs," Smoak said. "Looking for a changeup, got a heater. That can happen."

The Blue Jays did get a home run — from Edwin Encarnacion — but that wasn't much of a factor in the Blue Jays' 35th comeback victory of the year.

"We can win any way possible," Smoak said. "This team is unbelievable. Guys fight to the end."

Brett Cecil (5-5) pitched one inning and Roberto Osuna got two outs for his 20th save.

Ryan Flaherty hit a three-run homer for the Orioles, who have lost four straight. Toronto starter Marco Estrada, Cecil and Osuna retired the last 17 Baltimore batters in order.

Estrada gave up three runs and four hits in 7-1/3 innings. After allowing Flaherty's home run in the second, Estrada retired 18 of the next 19 batters. The only Baltimore baserunner during that span was Wieters, who singled with one out in the fourth. THE ASSOCIATED PRESS



NBA SCOOP DREAMS New Raptors big man Bismack Biyombo steps behind the camera during media day on Monday in Toronto. DARREN CALABRESE/THE CANADIAN PRESS

NHL EXPANSION

Bids 'will continue' for Las Vegas, Quebec

Las Vegas and Quebec City are moving closer in their bids to land a NHL franchise.

A Bill Foley-led group and Montreal-based communications giant Quebecor are in the third and final stage of a process to potentially bring the world's top hockey league to Las Vegas and Quebec City, respectively.

"They have been invited to make presentations to the Executive Committee on Tuesday," NHL Deputy Commissioner Bill Daly wrote in an email.

Later in the day, the committee will report to the NHL Board of Governors.

"Evaluation process will continue," Daly wrote. "No defined timeline."

Quebecor spokesman Martin Tremblay and Michelle Kersch, spokeswoman for Foley's group, confirmed their groups will make a presentation.

NHL Commissioner Gary Bettman said earlier this month the league is "not feeling any timeline pressure," in the expansion process. Bettman has proposed an expansion fee of $500 million, a significant jump from the $80 million fee paid by the Columbus Blue Jackets and Minnesota Wild, when the NHL last expanded to 30 teams in 2000.

It is expected to take at least two years before the NHL would potentially have 32 teams playing. The league has examined each market and both groups' arena plans after they were the chosen two out of 16 expansion applicants. THE ASSOCIATED PRESS

$10M

As part of the process, both groups submitted a $10 million down payment, $2 million of which was nonrefundable.

Habs hope to end nation's cup drought

NHL

Canadiens top oddsmakers list (18-1), Leafs are 100-1 shot

With individual accolades all around him at the NHL Awards in Las Vegas, Carey Price's mind was still on the Stanley Cup that had eluded him and his teammates.

"I'd trade all four of these in for that one," the star Montreal Canadiens goaltender said. "We have a lot of very good parts in Montreal and a very good hockey team. We're gaining experience and I'm very, very happy and very excited about our future."

Price is the biggest reason to be excited about the Canadiens' present and future. The reigning Hart and Vezina Trophy-winner is only one player, but his presence makes Montreal the most likely team to end Canada's Cup drought that currently sits at 21 seasons.

Oddsmakers give eight NHL teams better odds than the Habs (18-1), but they have the most realistic shot of any Canadian-based team. The Calgary Flames and Winnipeg Jets are 28-1, the Edmonton Oilers 33-1, Ottawa Senators 40-1, Vancouver Canucks 66-1 and Toronto Maple Leafs 100-1, according to the online sportsbook Bodog.ca.

If the Habs are going to lift the Cup for the first time since 1993, they'll need to do more to support a goaltender who is playing at the level of two-time Conn Smythe Trophy-winner Patrick Roy. Price led the league with 44 wins, a 1.96 goals-against average and .933 save percentage, but skaters have to score more and be better, too.



Canadiens goalie Carey Price chats with his replacement Zachary Fucale, a former Halifax Moosehead, during last Tuesday's game in Montreal. PAUL CHIASSON/THE CANADIAN PRESS

"We're fortunate to have him, and obviously as players we want to help him out a little bit more than we did last year," centre Tomas Plekanec said. "A big part was Pricey, which is one thing that obviously we want to get better at and play better in front of him."

"I'd trade all four of these for that one."
Carey Price on winning the Stanley Cup instead of individual awards

The Habs will have defenceman Jeff Petry for an entire season and should be better by having him on the second pairing behind one of hockey's most dynamic players in P.K. Subban. They also have a captain for the first time since Brian Gionta left in the summer of 2014, giving left-winger Max Pacioretty the honour. Talented forward Alex Galchenyuk moves to centre in the hopes of sparking his career.

For all the minor changes in Montreal, Price is the constant. And what a constant to have.

"My expectations for him are no different from what they've been since I started playing on this team and that's to remain and be one of the best goaltenders in the world," Subban said. "He proved that he could be that last year. He'll have to continue to prove that for our team to win a Stanley Cup."

Immediate Stanley Cup aspirations are hard to find elsewhere across Canada, though the Flames have real expectations on them this season after a surprise run to the playoffs ahead of schedule.

THE CANADIAN PRESS

NEWS 95.7 TM
This Is Howe We Do It.
THE RICK HOWE SHOW WEEKDAYS 9am — 1pm

RECIPE One Skillet Tomato Basil Chicken Pasta



PHOTO: MAYA VISNYEI



Ceri Marsh & Laura Keogh
For Metro Canada

Make dinner, not a mess with this delicious hearty one-pot meal.

Ready in
Prep time: 25 minutes
Serves 4

Ingredients

- 1 lb boneless, skinless chicken breast
- Kosher salt and pepper
- 3 Tbsps extra virgin olive oil
- 4 cloves of garlic, minced
- 1 28-ounce can of tomatoes
- 1 1/2 cups low-sodium chicken broth
- 1 cup water
- 2 cups penne pasta
- 1 cup freshly shaved Parmesan cheese, more for garnish
- 1 cup fresh basil leaves

Directions

1. Generously season your chicken breast with kosher salt and pepper. Cut chicken breast into 1-inch pieces.

2. Add olive oil to a large skillet over medium heat. Place the chicken in the pan and brown on all sides. Lower the heat, add garlic and cook for 1 minute.

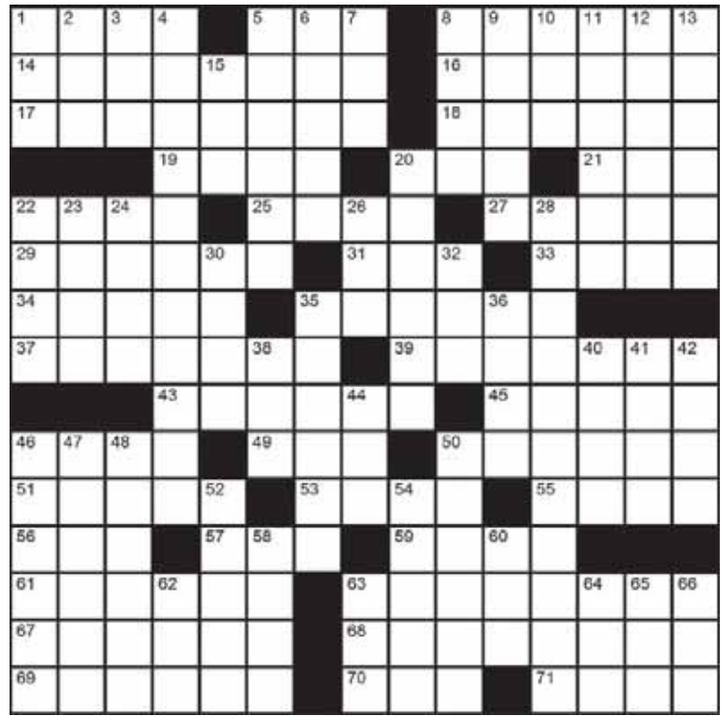
3. Add the tomatoes, chicken broth, water and uncooked pasta to the pan. Bring this mixture to a boil, then reduce heat to low. Cover the pan and cook for about 15 minutes. Remove cover and cook for another 5 minutes, or until liquid is reduced by half.

4. Remove your skillet from the heat and gently stir in the Parmesan cheese. Serve individual portions with a sprinkling of fresh basil leaves and a bit more Parmesan cheese.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS

1. One-of-some in the vase's water
5. Male swan
8. Wife of Bobby Ewing on "Dallas"
14. Georges Bizet's famous aria sung by Carmen
16. Joyful
17. Rihanna tune on a cloudy day
18. Overseas
19. Stringed instrument of Japan
20. __ season (Ailment time)
21. Possessor's contraction
22. Commotions
25. "Long Day's Journey __ Night" (1962)
27. Distance runner on the track
29. 1986 horror flick inspired by the 1816 evening when Mary Shelley spawned the idea for Frankenstein
31. Sing wordlessly
33. People, in Paris
34. Chapel area
35. Spoken
37. Flips over the store's 'Closed' sign once again
39. Clawed, as a bird of prey
43. Biblical book/prophet
45. French word on a can of Campbell's
46. Incision's remnant
49. 1979 Wings album: 'Back to the __'
50. Plug insertion site
51. Hot chocolate
53. Cape Canaveral org.
55. Haws partners
56. Piece of food
57. Occurred
59. "Travelin' __" by Dolly Parton
61. 1951 mainframe computer
63. Huffy human-on-a-highway happening: 2 wds.
67. Backslide
68. Complaints from loud noises
69. War horses
70. Kingston Trio lettered tune
71. Door fastener

DOWN

1. Moo __ pork (Take-out dish)
2. __-o'-shanter
3. Dwindle
4. Recently-hired President and CEO for the Toronto Blue Jays: 2 wds.
5. Boston basketball player
6. Synthetic fibre
7. Sheared-one's sound
8. Ring loudly
9. Rock band's output
10. Scratch
11. Sparkler in le ciel
12. Do dough-raising
13. Puff __ (Viper varieties)
15. Keanu role
20. Quadrant
22. Culture medium
23. Bananas brand
24. Mr. Preminger
26. __ Beatles
28. Nickname of Inuvik landmark Our Lady of Victory: 2 wds.
30. Wraths
32. Entrepreneur's deg.
35. Peaceful hand creations
36. Likewise
38. Balmoral veto
40. Zap
41. Blade in sports
42. Investigators [abbr.]
44. Palindromic honorific
46. Thoroughly searches or examines
47. Trumpet-like instrument
48. Dynamic
50. World's biggest desert
52. Juno, for one
54. Short-tailed weasel
58. Behaves
60. Dietary letters
62. "Take Good Care of My Baby" by Bobby __
63. B.a.n.d. from Athens, Georgia
64. "Hunting High and Low" band
65. Some stoves
66. In particular, briefly

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You are stuck in a rut and need to find ways to make life more rewarding and exciting. Changes to your working routine can play a big role, so make that a priority.

Taurus April 21 - May 21
This could be and should be one of the most rewarding periods of the year for you but to make the most of it you need to be more active and adventurous. Take a few chances.

Gemini May 22 - June 21
Jupiter in the domestic sector of your chart is good for family relationships, so make it your priority to heal rifts with loved ones and relatives. Don't wait for them to make the first move — make it yourself.

Cancer June 22 - July 23
Something is not right and you must act on what your instincts tell you. No matter how appealing an offer may sound you must not get involved. Be blunt if you have to: don't worry about hurting others' feelings.

Leo July 24 - Aug. 23
Just because certain ways worked well in the past does not mean they will work well in the future. Look for unusual solutions to everyday problems.

Virgo Aug. 24 - Sept. 23
Don't hide yourself away. With Mars and Jupiter moving through your birth sign, you get what you want. You don't have to be subtle about it either — take charge.

Libra Sept. 24 - Oct. 23
You should be making serious progress towards your goals. If you're not then you need to ask yourself if maybe some of your methods need improving. Don't let retrograde Mercury undermine your confidence.

Scorpio Oct. 24 - Nov. 22
Let partners and colleagues know that you are ready to join the team. Too often you have been half-hearted about joint projects. Now be frighteningly enthusiastic.

Sagittarius Nov. 23 - Dec. 21
Others are sure to look up to you and follow your lead. Which might do wonders for your ego but do you actually know where you want to be going and why?

Capricorn Dec. 22 - Jan. 20
You are not as set in your ways as some people believe. Take the doubters by surprise. You will make a big impression on employers and other important people.

Aquarius Jan. 21 - Feb. 19
You are about to be made an offer you won't want to refuse but your suspicions could easily get the better of you. If so you are likely to regret it before the end of the year. Be bold.

Pisces Feb. 20 - March 20
Put your doubts and suspicions about a certain individual to the side and give them a chance to prove themselves. Almost certainly you have been too harsh in your judgment.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	2	6	4	5	7			
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